



# CORONAVIRUS

## FAQs WITH DR. BREANNA O'KEEFE, D.O.

The recent outbreak of the Coronavirus (also known as COVID-19) has caused a great deal of concern for our patients. Below are answers to common questions we have been receiving at the SET SEG Family Healthcare Center.

When in doubt, it is best to call your healthcare professional for guidance. We are happy to answer your questions, allay your fears, and steer you in the right direction.

### **WHAT IS A CORONAVIRUS?**

Coronaviruses typically cause common cold symptoms, like a runny nose, congestion, and cough. Chances are you had a coronavirus in your lifetime. The recent Coronavirus, COVID-19, a brand new virus, has been worse than previous Coronaviruses because there is not already an established immunity in the community.

### **WHAT ARE THE SYMPTOMS OF COVID-19?**

Typical symptoms include flu-like symptoms, such as body aches, fever, congestion, and cough. In high-risk populations, symptoms can include difficulty breathing, pneumonia, and even septic shock; however, this is unlikely.

### **WHO IS CONSIDERED HIGH-RISK FOR COMPLICATIONS FROM COVID-19?**

Patients who are elderly, immunocompromised, and extremely young. The same as those at risk for complications from influenza.

### **SHOULD I GO TO THE EMERGENCY ROOM TO GET TESTED FOR CORONAVIRUS?**

No. ERs are not equipped to test for COVID-19 and this will delay necessary treatment for those who are in need of immediate care. If you are concerned that you may have the virus, contact your health professional and they can direct you where to receive testing. Please avoid the Emergency Room and Urgent Care for mild symptoms of colds.

### **WHAT SHOULD I DO IF I HAVE SYMPTOMS OF FEVER, CONGESTION, AND COUGH?**

Supportive care is still the best course of treatment. This includes utilizing a humidifier, taking over the counter pain relievers, and increasing fluids. Of course, it is important to avoid going out in public and potentially exposing those who are deemed a high risk for complications.

### **HOW CAN I PROTECT MYSELF FROM CONTRACTING COVID-19?**

Practice the same habits that help prevent influenza and common colds: frequent hand washing, avoiding touching your mouth and face, and staying away from friends and family members with symptoms of upper respiratory infections.